



NEWS RELEASE – Area Agency on Aging District 7, Inc.

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Contact: Jenni Lewis, Community Outreach

PO Box 154

Rio Grande, OH 45674

Phone: 1.800.582.7277, ext. 22224

E-Mail: jlewis@aaa7.org

**“Wellness Wednesday” Livestream Discusses
Working and Living with a Chronic Condition**

A weekly livestream focusing on wellness opportunities through the Area Agency on Aging District 7 (AAA7) is featured each Wednesday on the AAA7 Facebook page. “Wellness Wednesdays” is featured each week at 10:00 am with a new wellness topic for discussion during the broadcast.

As routines have changed through the pandemic, so too have the wellness programs offered through the AAA7. The Agency offers a number of valuable and helpful programs designed to help individuals with their chronic conditions and other health concerns. Prior to the pandemic, the AAA7 would have these classes in person, but have moved them now to telephone classes. Through “Wellness Wednesdays”, the Agency is able to expand the reach to share information about the valuable programs available to help with chronic disease self-management, diabetes self-management, chronic pain self-management, falls management, and caregiver support. The goal is to increase knowledge about these programs and help more and more people learn to live with their chronic conditions and/or embrace helpful tips that can help individuals live healthier.

Recently, the topic of working and living with a chronic condition was discussed.

Chronic conditions usually begin slowly and are usually long-term and require long-term treatment and management, in comparison to acute conditions which usually begin rapidly, have a single cause, are often easily diagnosed, last a short-time, and usually get better with medication, surgery, rest and time. Most with acute conditions are cured and return to normal health.

Chronic conditions can have multiple causes and usually have long-term effects that are hard to predict. They can also lead to more symptoms and loss of physical or mental functioning. Examples include a stroke, lung disease, diabetes, liver disease, and kidney disease.

Many people living with a chronic condition have to continue working to support their families or to receive mental and social benefits from their job. Some challenges can occur that surround: physical challenges, missed work, the opinions of others, and time management. All of these specific challenges are discussed in more detail during wellness classes sponsored by the AAA7.

Managing the stress of the chronic condition and working can be beneficial. Tips that were discussed include: getting enough quality sleep, exercising, eating a healthful diet, and reaching out to those around you. While at work, additional tips can help such as planning regular breaks, establishing boundaries, not over committing, prioritizing work tasks, delegating tasks that you can, and reducing negative talk,.

Working and living with a chronic disease is a topic that is discussed as a part of wellness classes at the AAA7 including Chronic Disease Self-Management, Diabetes Self-Management, and Chronic Pain Self-Management. Currently, these classes are being conducted over the telephone. If interested in participating in an upcoming class, call the AAA7 at 1-800-582-7277 or e-mail info@aaa7.org.

If you missed any of the “Wellness Wednesday” episodes, you can see a recorded version on the AAA7’s Facebook page or on the AAA7’s website at www.aaa7.org.

Your local Area Agency on Aging District 7, Inc. provides services on a non-discriminatory basis. These services are available to help older adults and those with disabilities live safely and independently in their own homes through services paid for by Medicare, Medicaid, other federal and state resources, as well as private pay. The AAA7’s Resource Center is also available to anyone in the community looking for information or assistance with long-term care options. Available Monday through Friday from 8:00 am until 4:30 pm, the Resource Center is a valuable contact for learning more about options and what programs and services are available for assistance.

Those interested in learning more can call toll-free at 1-800-582-7277 (TTY: 711). Here, individuals can speak directly with a specially-trained Resource Specialist who will assist them with information surrounding the programs and services that are available to best serve their needs. The Agency also offers an assessment at no cost for those who are interested in learning more. Information is also available on www.aaa7.org, or the Agency can be contacted through e-mail at info@aaa7.org. The Agency also has a Facebook page located at www.facebook.com/AreaAgencyOnAgingDistrict7.

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